

THE SOCIETY OF THE NEW YORK HOSPITAL



Created by Royal Charter in 1771
in the reign of King George III

THE ANNUAL REPORT OF THE MEDICAL DIRECTOR OF

The New York Hospital-Westchester Division
WHITE PLAINS, NEW YORK

1957



Digitized by the Internet Archive
in 2014

THE SOCIETY OF THE NEW YORK HOSPITAL



Created by Royal Charter in 1771
in the reign of King George III

THE ANNUAL REPORT OF THE MEDICAL DIRECTOR OF

The New York Hospital-Westchester Division
WHITE PLAINS, NEW YORK

1957

HISTORICAL NOTE

The New York Hospital owes its inception and growth to the efforts of public-spirited citizens. In 1769, Dr. Samuel Bard, later Washington's personal physician, delivered an address at the King's College commencement exercises in Trinity Church on the occasion of the awarding of some of the first medical degrees in America. In this address he pointed out the vital need for a hospital in New York City. Interest was aroused among influential men and the Governor of the Province headed the subscription list which raised liberal funds for this purpose.

In 1771 a royal charter was granted by King George III to "the Society of the Hospital in the City of New York in America." Through the efforts of Dr. John Fothergill, an old friend and adviser of Dr. Bard in London, the Society also received gifts from English friends, and in 1772 was granted an allowance of 800 pounds by the Legislature of the Province. In 1773, the Governors of the Society purchased five acres of land on the west side of Broadway opposite Pearl Street, and the cornerstone of the hospital was laid by Governor Tryon of New York. Construction was begun immediately but in February, 1775, the interior of the building was almost completely destroyed by fire. Although rebuilding was started at once, it was soon halted by the outbreak of the War of Independence. The unfinished structure was used both as barracks and as a military hospital for wounded American soldiers.

Because of the confusion in civic affairs following the war, the hospital was not opened to civilians until January, 1791. From the beginning the Governors recognized that patients suffering from nervous and mental disorders were sick people and they were admitted into the same building with medical and surgical cases. In 1808 a separate building was erected on the hospital grounds to provide more adequately for the care of mental patients.

In 1810 the legislature of the new State of New York confirmed the original charter and the Society became "The Society of the New York Hospital."

In the years following it was found desirable to move the division for mental patients to a newly purchased piece of property on Bloomingdale Road, seven miles north of the City, where the Bloomingdale Asylum was built and opened in 1821. As the City continued to grow, this property was sold to Columbia University and other institutions, and the Bloomingdale Hospital was moved in 1894 to its present location in White Plains.

Since the construction of the original hospital buildings in White Plains, there have been extensive developments of the property, among which may be mentioned the following: the construction of Macy and Banker Villas for men patients; Brown Villa, Bard House and Bruce House for women patients; special occupational therapy buildings and gymnasias for both men and women patients; clinic buildings, including operating room unit and dental and X-ray laboratory

units; a staff house, a student nurses' house, a staff house annex, and nine cottages for physicians. In 1938 a modern building for physical therapy was constructed in connection with the men's department. In 1941 the Nichols Cottage, an air-conditioned building with accommodations for twenty disturbed women patients, was constructed and named in honor of Dr. Charles H. Nichols, medical superintendent of the hospital from 1877 to 1889. In 1954 the building for special therapies was opened enabling the hospital to treat more women patients. Two elevators were installed in the main building in 1955. The Thomas Eddy Education Building was completed in the fall of 1955 for the instruction of the affiliating student nurses. The outpatient department was dedicated on December 8, 1956 and opened to receive patients on January 1, 1957. Other sections of the hospital have been modernized by renovation, promoting the safety and medical care of the patients. A nine-hole golf course is available, and the grounds, 246 acres in extent, have been otherwise developed.

By vote of the Board of Governors of the Society on June 15, 1936, the name of the Bloomingdale Hospital was changed to "The New York Hospital-Westchester Division" in order to convey a clearer understanding than had hitherto prevailed of the relation of the hospital in White Plains to the Society of the New York Hospital.

THE SOCIETY OF THE NEW YORK HOSPITAL

FOR THE YEAR 1958

OFFICERS

FRANCIS KERNAN	<i>President</i>
*JOHN HAY WHITNEY	<i>Vice-President</i>
HENRY S. STURGIS	<i>Vice-President for Finance</i>
WALTER G. DUNNINGTON	<i>Vice-President for Membership</i>
FREDERICK K. TRASK, JR.	<i>Vice-President for Administrative Operations</i>
LAURENCE G. PAYSON	<i>Secretary and Treasurer</i>

BOARD OF GOVERNORS

VINCENT ASTOR	FRANCIS KERNAN
GEORGE F. BAKER, JR.	LOUIS M. LOEB
CORNELIUS N. BLISS, JR.	JEAN MAUZÉ
EDWARD W. BOURNE	STANLEY DE J. OSBORNE
WILLIAM A. M. BURDEN	MRS. CHARLES S. PAYSON
*C. DOUGLAS DILLON	PAUL G. PENNOYER
WALTER G. DUNNINGTON	OGDEN PHIPPS
SAMUEL S. DURYEE	WILLARD S. SIMPKINS
HAMILTON HADLEY	HENRY S. STURGIS
ROBERT L. HAMILL	FREDERICK K. TRASK, JR.
KENNETH H. HANNAN	ALBERT CAREY WALL
MRS. NATHANIEL P. HILL	*JOHN HAY WHITNEY
	LANGBOURNE M. WILLIAMS

HONORARY GOVERNORS

JOSEPH H. CHOATE, JR.	ALFRED L. LOOMIS
A. CONGER GOODYEAR	MURRAY SARGENT
CONNIE M. GUION, M.D.	THE RT. REV. HENRY K. SHERRILL
BARKLIE MCKEE HENRY	FRANCIS CARDINAL SPELLMAN
WILLIAM H. JACKSON	LANDON K. THORNE

* On leave of absence

THE NEW YORK HOSPITAL—WESTCHESTER DIVISION
COMMITTEE

EDWARD W. BOURNE, *Chairman*

GEORGE F. BAKER, JR.

LAURENCE G. PAYSON

R. PALMER BAKER, JR.

HENRY N. PRATT, M.D.

HAMILTON HADLEY

ALBERT CAREY WALL

JEAN MAUZÉ

*JOSEPH C. HINSEY

* Ex-officio

MEDICAL AND EXECUTIVE STAFF
OF
THE NEW YORK HOSPITAL—WESTCHESTER DIVISION

Medical Director

JAMES H. WALL, M.D.

Assistant Medical Director and Clinical Director

CURTIS T. PROUT, M.D., F.A.C.P.

Physician in Charge of Women's Department

DOROTHY BURDICK, M.D.

Physician in Charge of Men's Department

DONALD M. HAMILTON, M.D.

Physician in Charge of Outpatient Department

WILLIAM K. MCKNIGHT, M.D.

Director of Laboratories and Internist

HOLLIS E. CLOW, M.D.

Assistant and Physician to Employees

MAURA J. LYNCH, M.D.

Senior Assistant Psychiatrists

ALLISON BOOTH LANDOLT, M.D.

JANE F. O'NEIL, M.D.

EUGENE T. HUPALOWSKY, M.D.

HARRY H. MOORHEAD, M.D.

ROBERT S. CARSON, M.D.

Resident Physician

ROBERT A. MCKINLEY, M.D.

Assistant Resident Physicians

KENNETH HALL EPPLE, M.D.

LAURENCE LOEB, M.D.

WILLIAM H. HAMPTON, JR., M.D.

DAVID C. MORLEY, M.D.

SAMUEL LAWRENCE HOCH, M.D.

ENGEL SCOTT NININGER, M.D.

JEROME LEE JACOBS, M.D.

DAVID STEINMAN, M.D.

SAUL E. KAPEL, M.D.

HEINZ WENNERT, M.D.

Assistant Dental Surgeon

CHARLES F. BECK, D.D.S.

Director of Psychology Department

MARY ALICE WHITE, Ph.D.

Head of Social Service Department

LUCILLE ANDREWS, B.A., M.S.

ATTENDING STAFF

Medicine

MARIAN TYNDALL, M.D.

BYARD WILLIAMS, M.D., F.A.C.P.

Urology

ALLISTER M. McLELLAN, M.D., F.A.C.S.

FREDERICK C. McLELLAN, M.D.,
F.A.C.S.

Gynecology

FREDERICK WALL FINN, M.D.

Ophthalmology and Otolaryngology

JOHN R. EMERY, M.D., F.A.C.S.

ARNOLD W. FORREST, M.D.

Radiology

CHARLES G. HUNTINGTON, M.D., M.A.C.R.

CONSULTING STAFF

Psychiatry

ROBERT G. KNIGHT, M.D.

GERARD FOUNTAIN, M.D.

TOM G. STAUFFER, M.D.

Surgery

WALTER W. MOTT, M.D., F.A.C.S.

EDWIN G. RAMSDELL, M.D., F.A.C.S.

EDWARD A. RAYMOND, M.D.

*WILLIAM ROBERT SHERA, M.D.

WALLACE MOORE SHERIDAN, M.D., F.A.C.S.

*WIN HENRY WATTERS, M.D.

Medicine

EDWARD W. WEBER, M.D.

Gynecology

THOMAS C. PEIGHTAL, M.D., F.A.C.S.

Neurology

HENRY S. DUNNING, M.D.

HAROLD G. WOLFF, M.D., F.A.C.P.

CLARENCE C. HARE, M.D.

Neurosurgery

BRONSON S. RAY, M.D., F.A.C.S.

Radiology

ROY D. DUCKWORTH, M.D.

JAMES C. MONTEITH, M.D.

Dermatology

ROBERT R. M. McLAUGHLIN, M.D.

Pathology

VICTORIA A. BRADESS, M.D.

Anesthesiology

EDWIN J. DEALY, M.D., F.A.C.An.

WILLIAM M. PARKE, JR., M.D.

Dental Surgeon

WILLIAM T. CARROLL, D.D.S., Ph.G.

Oral Surgery

RALPH A. SLATER, D.M.D.

FRANK LUCAS LEWIS, D.D.S.

Orthodontia

FRANKLIN A. SQUIRES, D.D.S.

* Appointed January 1, 1958

EXECUTIVE STAFF

Director of Nursing

ELEANOR M. CORRIGAN, B.S., R.N.

Assistant Directors of Nursing

LUCY M. WAINWRIGHT, M.A., R.N., Women's and Men's Departments

PETER G. MITCHELL, R.N., Men's Department

Instructors in Nursing

AVIS PITMAN, M.A., R.N.

ELIZABETH VAN AUKEN, B.S., R.N.

Supervisors

GRACE BLOOM, R.N.

JOHN J. HAGGERTY, R.N.

HELEN FISH, R.N.

JESSIE MCBRIDE, R.N.

VALENTINE GREVE, R.N.

ANNE MEYERS, M.A., R.N.

WILLIAM SIPPEL, B.S., R.N.

ELIZABETH WRIGHT, M.A., R.N., Outpatient Department

Directors of Occupational Therapy

RUTH L. SMILEY, M.A., O.T.R.

ELEANOR S. OWEN, O.T.R.

Directors of Physical Education

ELLEN E. PHELAN, M.A.

ALBERT J. GORTON, M.A.

Director of Physical Therapy

KATHRYN M. DURKIN

Director of Music

ROBERT L. MILLS, B.A., F.A.G.O.

Librarian

LILLIAN A. WAHROW, B.A., B.S.

Director of Public Relations

MARION M. MILLER, B.A.

Steward

ANDREW J. DELANEY

Assistant Steward

VASSAR W. JOHNSON

Supervising Engineer

ROBERT J. HAMILTON

Director of Housekeeping

VIRGINIA M. JACQUES

Director of Department of Nutrition

MARION P. RANDALL, B.S.

Dental Hygienist

ALMA L. MCKIRGAN, D.H.

Secretary to Medical Director

DOROTHY L. CLOSE, B.A.

Apothecary

WALTER HOPFMANN

Chaplain

THE REVEREND DAVID B. WEDEN



THE OUTPATIENT DEPARTMENT

THE SOCIETY OF THE NEW YORK HOSPITAL

NEW YORK HOSPITAL—WESTCHESTER DIVISION

To the Board of Governors of the Society of the New York Hospital:

I have the honor to present herewith the report of the New York Hospital-Westchester Division for the year ending December 31, 1957.

The outpatient department was opened to receive patients on January 2, 1957 and the first year's work of this department in its important programs of treatment, teaching, research and prevention is presented in detail in a later section of the report.

ADMISSIONS

During the year 316 patients, 195 women and 121 men, were admitted for treatment to the inpatient service. As in former years preference was given to patients suffering from acute psychiatric disorders. One hundred eighty-seven, or 60 per cent of the patients admitted, were under fifty years of age, and 10 per cent were under the age of twenty. In psychiatric disorders the personality of the individual patient is affected in such a way that there is a departure from the average way of functioning in various spheres of life and failure to make an adequate adjustment. An individual suffering from mental illness is unable to function effectively at work or in interpersonal relationships in the family and social group and is in need of understanding help in a planned and structured environment. These disorders develop in the constitutional makeup or temperament of the person and the troubles are aggravated by unsolved conflicts, frictions, misunderstandings, frustrations, and inadequately managed feelings of insecurity and hostility. In most instances the resistance of individuals is worn thin by prolonged conflicts, stresses and strains, while some reactions are precipitated by sudden, dramatic and traumatic situations such as severe losses, disappointments, death of loved ones, and other untoward accidents which make too great demands upon the individual's resources or powers of adjustment.

The patient reacts according to what he brings to the difficult life situation. Some become depressed, self-depreciatory, self-accusatory, while others, in an attempt to solve life problems become overactive, overtalkative, elated, presenting the clinical picture of one in hectic escape from an untenable life situation. Such personality or psychiatric disorders are classified as manic-depressive illnesses; 64, or 20 per cent of the patients admitted, were so diagnosed.

Many individuals who are sensitive, withdrawn, and who feel their struggles are unique, are likely under stress and strain, to misinterpret and project their difficulties. They develop elaborate trends of thought about themselves and the environment. Many withdraw or move into periods of tumultuous excitement. These disorders are commonly spoken of as schizophrenic reactions; 95, or 30 per cent, were so diagnosed.

Forty-one, or 13 per cent, had psychiatric disorders associated with the involutional period, these reactions representing an exaggeration of the feelings and insecurities encountered during this trying epoch.

The neurotic reactions such as anxiety, tension states, hysteria, obsessions and compulsions are met with in many individuals. They need the supportive and balancing effects of a planned program of activities in addition to medical and psychotherapeutic measures. Thirty-five, or 11 per cent, were so diagnosed.

Individuals with alcoholic problems and drug addiction are understood to be sick people attempting to solve their problems in this way. Twenty-seven patients with alcoholism and 13 with drug addiction were admitted for treatment.

A few patients are sick as a result of physical exhaustion, temporary toxic and infectious conditions or with progressive changes in the brain tissues.



RECEPTION ROOM, OUTPATIENT DEPARTMENT

DIAGNOSTIC GROUPING OF ADMISSIONS

	<i>Men</i>	<i>Women</i>	<i>Total</i>
Psychoses due to alcohol:			
Delirium tremens	1	1
Psychoses due to a drug or other exogenous poison:			
Due to another drug	1	2	3
Psychoses due to trauma:			
Mental deterioration due to trauma	1	1
Psychoses with cerebral arterioscleroses	5	12	17
Psychoses due to convulsive disorder (epilepsy)	1	1
Senile psychoses:			
Simple deterioration	2	1	3
Presbyphrenic type	1	1
Paranoid type	1	1
Involutional psychoses:			
Melancholia	17	16	33
Paranoid type	8	8
Psychoses due to other metabolic, etc. diseases:			
Alzheimer's disease	2	2
Psychoses due to new growth:			
With intercranial neoplasm	1	1	2
Psychoses due to unknown or hereditary cause but associated with organic change:			
With other disease of the brain or nervous system (birth trauma: anoxia)	1	1
Manic-depressive psychoses:			
Manic type	1	2	3
Depressive type	8	3	11
Circular type	12	12	24
Mixed type	5	21	26
Dementia praecox (Schizophrenia):			
Simple type	8	9	17
Hebephrenic type	1	1	2
Catatonic type	18	31	49
Paranoid type	11	16	27
Psychoses with psychopathic personality	4	4
Psychoneuroses:			
Hysteria	1	1
Psychasthenia or compulsive state	1	1
Reactive depression	1	6	7
Mixed psychoneuroses	1	25	26
Without mental disorder:			
Alcoholism	14	12	26
Drug addiction	6	4	10
Psychopathic personality	4	4	8

Two hundred sixty, or 82 per cent admitted, came from New York City and the surrounding suburban areas; 100, or 32 per cent of all admissions, came from Westchester County. The other patients came from 19 States other than New York, and three from South America.

Two hundred thirty-eight, or 75 per cent of the patients admitted, were received on their own voluntary application. Twenty-three younger patients were admitted on the application of their parents, an ever increasing number necessitating greater provision for their care and treatment. Forty-eight were too ill to understand their need for treatment and were certified at the time of admission. Four patients were received by transfer from other hospitals in the State, and one patient came from the Payne Whitney Psychiatric Clinic. The majority of the patients were referred by physicians in private practice.

Most of the patients were well educated and many of them held positions of leadership and responsibility in their communities. There were 22 executives, 10 physicians, nine teachers, four writers, two lawyers and 41 students.

DISCHARGES

Three hundred twelve, 189 women and 123 men, were discharged during the year. Two hundred fifty-five of the total number discharged had either recovered or improved; thus 82 per cent of all patients discharged were definitely benefited by treatment. One hundred forty-four, or 46 per cent, had been in the hospital less than six months; 240, or 77 per cent, had been in the hospital less than one year. The following table gives more detail as to the length of time patients were under treatment and their condition at the time of discharge:

DURATION OF HOSPITAL RESIDENCE OF PATIENTS DISCHARGED

	<i>Recovered</i>		<i>Much Improved</i>		<i>Improved</i>		<i>Unimproved</i>		<i>Died</i>		<i>Total</i>
	<i>Men</i>	<i>Women</i>	<i>Men</i>	<i>Women</i>	<i>Men</i>	<i>Women</i>	<i>Men</i>	<i>Women</i>	<i>Men</i>	<i>Women</i>	
Less than 6 months	11	12	28	26	11	32	3	14	5	2	144
6 to 12 mos.	7	10	21	31	8	13	1	4	1	96
1 to 2 years	2	1	4	11	2	11	3	6	1	41
2 to 3 years	1	3	2	2	3	3	1	15
3 to 4 years	1	1	1	1	4
4 to 5 years	1	1
More than 5 years	1	1	1	1	2	2	3	11
Total	21	24	56	70	24	60	11	30	11	5	312



PATIENT'S ROOM

TREATMENT

Patients are received on the six admission halls of the men's and women's services, the hall to which they are assigned depending upon the individual patient's needs and degree of illness. The patient's relatives visit the hospital and confer with members of the medical staff. The story of the development of the patient's difficulty is obtained, together with information as to the family background, social and economic stresses, development of the personality and setting in which the first complaints and symptoms occurred. The nature and the dynamics of the reaction are explained. Social workers also advise the members of the family and later assist in the restoration of the patients to work or to voluntary community activities. They assist the physician by ameliorating social and economic strains and difficulties. In conjunction with a tour of the halls and the therapeutic facilities, the methods of treatment are explained to relatives.

Each patient is assigned to a physician who is responsible for the examination and the direction of treatment. In the physical study and investigation the aid of consultants in all departments of medicine and surgery is utilized. The clinical laboratory study includes complete blood counts, urinalyses, blood chemistry and serology tests. Other tests may also be indicated such as electroencephalography, electrocardiography, X-ray examinations and ketosteroid determinations. Dental examinations, treatments and periodic examinations are available.

Psychotherapy is administered by the physicians with emphasis on dynamic and interpretive psychiatry. History and information from relatives, close friends, associates, and from referring physicians is considered in connection with pertinent material from the patient's interviews and discussions. In the course of the reeducation process the patient learns better ways of balanced living, changing traits and attitudes which are alterable and learning to tolerate persisting difficulties and life situations. Sufficient time is devoted to the members of the patient's family and others interested and vitally concerned in the complete restoration of each patient. The psychologists, through diagnostic testing, treatment evaluation, vocation and avocational guidance assist in more precise understanding and treatment of patients.

The treatment program is organized in order to provide frequent consultation upon the problems of the individual patient. Daily conferences are held in both the men's and women's departments at which time physicians, supervisors of nursing, psychologists, social workers and the directors of the various program therapy departments discuss the condition, needs, treatment and schedule arrangements of all patients. The salient points in the history of newly admitted patients are presented to the group.

The patient is made to feel accepted, approved of, comfortable and at home through the concerted efforts of the physicians, nurses and other personnel. The newly admitted patient is introduced by the nurse to other patients and the schedules of meals, extra nourishment, rest periods, hall and other hospital activities are explained. In addition to physical care the nurses' attention is directed to the patient in a planned, structured and supportive social environ-

ment. In the daily life on the halls the entire nursing staff is most attentive to the patient as an individual. This attitude is imparted to the affiliating student nurses who in addition to receiving lectures, demonstrations and clinics join the nursing staff in their work with patients. All patients actively participate in the social life and entertainments on the halls; they act as hosts and hostesses at teas, birthday parties and other functions, and assist in decoration of the hall and in arranging flowers occasionally gathered from their own gardens.

The department of nutrition prepares a regular diet which is nutritious and substantial for patients who are engaging in vigorous and active indoor and outdoor sports, recreational and occupational programs. Special diets are arranged according to physical conditions and needs of patients. The housekeeping department plays an important role in the care of patients by maintaining homelike standards in attractive furnishings and hall appointments. Members of the housekeeping staff give lectures on interior decorating.

In addition to the medical and nursing care the physician prescribes for individual patients physiotherapeutic measures such as massage, hydrotherapy, ultra-violet and infra-red light, baking and diathermy. Prolonged baths and packs are employed to secure rest naturally and combat exhaustion from tension, excitement and restless agitation.

For each patient programs of occupational therapy and physical education are arranged. Although skill is desired, the socializing value of working and playing together and the satisfaction derived from useful and constructive activity are emphasized. Patients who work through intricate emotional states and conflicts with their physicians and who require prolonged and intensive medical and nursing care attribute much of their recovery to the various program therapies. These activities help the patients to regain their confidence and self-esteem and their feeling of belonging and contributing to the group. The occupational therapy departments are well-staffed in two well-equipped buildings. The men engage in carpentry, printing, metal work and jewelry making, painting, modelling, leather work and gardening. The women participate in sewing, making jewelry, typing, painting, weaving, cooking, fashion shows and gardening. The physical education department is operated by experienced and trained athletic directors and in addition to playing fields, golf course, a driving range and two well-equipped gymnasias, there is salt water bathing at York Lodge at Mamaroneck on Long Island Sound. Activities include baseball, golf, touch football, handball, tennis, croquet, badminton, shuffleboard and the indoor sports of basket-ball, bowling, ping pong, pool, volley ball, dancing and corrective exercises. The program of social activities includes evening dances, motion pictures, salmagundi parties, tournaments, exhibition games, films on occupational therapy and physical education topics, and afternoon tea dances for the patients, their relatives and friends.

As they improve patients advance to convalescent halls and to open houses. Greater responsibility for daily activities, initiative and individual creative work are encouraged. The librarians provide reading material for all patients on the halls and arrange for formal and informal book reviews, readings and literary discussions. The music department gives individual instruction in voice, piano and other instruments. Sessions of record playing and group singing are held on the admission halls when convalescent patients are at other activities. Several



GOLF COURSE

guest artists provide recitals and concerts throughout the year. An accordionist entertains at country fairs and other outdoor activities during the summer. At Christmas the traditional carols are sung by patients and personnel.

By a carefully planned series of visits the convalescent patients are prepared gradually for leaving the hospital. At first they may go to the city with relatives; then they may spend certain evenings and weekends at home followed by more extended visits. At this point many patients commute to their regular or volunteer work for varying periods of time. The transitional period tests the level of improvement and recovery, makes possible rewarding therapeutic interviews and securely restores and aids in the complete rehabilitation of the patient.

SPECIAL TREATMENT PROCEDURES

Electric Shock Therapy. Up to the present time no other therapeutic measure can so dramatically assist in treating patients with symptoms of depression, agitation, exhausting excitements and turbulent periods of impulsiveness. During the year electric shock therapy was given to 56 men and 83 women.

Insulin Therapy. Sub-shock insulin therapy has continued to assist in stimulating appetite, allaying anxiety, tension and mild depression. In many patients with prolonged and stubborn reaction the combination of insulin and electric shock therapy has proven beneficial. During the year 34 patients have received sub-shock insulin therapy.

Tranquilizing Drugs. The research with controls as to the effectiveness of these drugs continues to be one of our most important projects, generously supported by federal funds through the National Institute of Mental Health. Increasing use for the tranquilizing drugs is being carefully studied and evaluated.

PROGRAM THERAPIES

With an increased interest in rehabilitation and physical medicine, there has been a revival of interest in the good effects of the full use of program therapies in psychiatric treatment.

PHYSICAL THERAPY

Miss Durkin has continued in charge of the men's and women's physiotherapy department with four assistants. The men's department carried out 11,970 treatments and the women's department carried out 31,324 treatments. One hundred eight patients received 1, 233 prolonged baths and 133 patients received 2,095 packs. These procedures were administered on the halls by the nursing service.

OCCUPATIONAL THERAPY

The women's department is under the direction of Miss Smiley and the men's department under the direction of Mrs. Owen. In both departments there are seven registered therapists and 11 trained assistants. The training program has been enriched by more conferences, lectures and visual aids. During the year two students from the University of Minnesota received their psychiatric affiliation together with summer students, one of whom is to enter the field of occupational therapy.

PHYSICAL EDUCATION

Mr. Gorton and Miss Phelan have continued in charge of the men's and women's department with their 12 assistants. All facilities have been used including the gymnasias, York Lodge, the playfields, spacious grounds, wooded walks, golf course, driving range and the picnic grounds near the formal gardens. Two students from New York State University, Cortland, New York, and Springfield College, Springfield, Massachusetts, received experience and instruction in the women's department.

MUSIC DEPARTMENT

Mr. Mills has greatly increased the scope of this department through more individual teaching, more programs for the sicker patients and an increasing number of formal and informal concerts and recitals. One hundred thirty-two patients received 1,606 individual lessons in instrumental and vocal music instruction.

LIBRARIES

The work of the libraries has greatly increased with the more active programs of teaching and research. Miss Wahrow has been joined by an assistant, thus making possible improved services to patients and staff. Five hundred fifty-seven volumes were added to the patients' library so that at the end of the year an inventory showed 6,328 volumes with a yearly circulation of 9,367. Ninety-six periodicals were subscribed to for patients, six for the School of Nursing, and 55 for other non-medical departments.

Three hundred seventy-two volumes were added to the medical library, making a total inventory of 8,159 volumes. Subscriptions to 61 medical and psychological journals were continued.

CLINICAL AND X-RAY LABORATORIES

Dr. Clow has continued in charge of this department. During the year all patients were immunized against poliomyelitis and Asian influenza. A total of 12,922 laboratory tests was made, including all the studies on newly admitted patients, other tests when indicated, and those in association with special treatment procedures.

Examinations of our milk and water supplies have shown the usual high standards of quality and purity.

X-ray Laboratory. In addition to all special or indicated studies, chest films were made on all newly admitted patients. A total of 1,751 X-ray examinations was made.

Operating Room. There were 51 procedures carried out in the operating room including 10 dental operations.



PSYCHOLOGICAL TESTING

Electroencephalography. During the year 232 electroencephalographic studies were made.

Electrocardiography. One hundred ninety-eight electrocardiographic studies were made.

Ketosteroid work. During the year ketosteroid studies have been made, at intervals during their treatment, on six patients suffering from anorexia nervosa.

The following tables give details as to the work of this department:

CLINICAL LABORATORY

	<i>Patients</i>	<i>Employees</i>	<i>Total</i>
Bacteriology and Parasitology:			
Cultures:			
Water	12
Miscellaneous	11	64	75
Microscopic:			
Tuberculosis	5	5
Gonococci	183	1	184
Miscellaneous	16	61	77
Chemistry:			
Blood	942	41	983
Feces	15	4	19
Gastric contents	1	1	2
Spinal fluid	19	19
Cytology:			
Blood	4,115	504	4,619
Spinal fluid	14	14
Functional tests:			
Basal metabolism	20	12	32
Renal function	2	2
Miscellaneous	19	2	21
Serology	328	222	550
Urine examinations:			
Routine	4,274	580	4,854
Bilirubin tests	1,450	4	1,454
Post mortem examinations	3	3

X-RAY LABORATORY EXAMINATIONS

	<i>Patients</i>	<i>Employees</i>	<i>Total</i>
* Head	43	15	58
† Thorax	334	823	1,157
Spine	167	24	191
Shoulder	4	16	20
Upper arm	2	2	4
Elbow	4	8	12
Forearm	2	2	4
Wrist and hand	30	38	68
Abdomen	18	24	42
Pelvis and hip joint	11	2	13
Thigh	2	1	3
Knee	7	7	14
Leg	2	4	6
Ankle	18	28	46
Foot	21	28	49
Gastro-intestinal tract	9	15	24
Gall bladder	3	2	5
Genito-urinary tract	6	5	11
Fluoroscopic examinations	9	15	24
Teeth (complete examination)	259	30	289
Teeth (partial examination)	259	26	285

* Inclusive of examinations for skull, sinuses, jaw and nose.

† Inclusive of examinations for lungs, heart, ribs and oesophagus.



YORK LODGE

OUTPATIENT DEPARTMENT

Under the leadership of Dr. William K. McKnight, the physician in charge, this department was opened on January 2nd and during the first year there were 366 applications. One hundred forty-one patients and their families were treated in 3,670 interviews; 1,723 of these were with the individual patients. The majority of these patients were referred by physicians in private practice, the second largest number by schools and many came on their own initiative or by family referral. There were 89 adults, 28 adolescents and 24 children under treatment. Forty-four of the patients were diagnosed as suffering from psychoneuroses. Forty-six young people were diagnosed as having primary behavior disorders including habit disturbances, conduct disturbances and other neurotic traits. Thirteen of the patients were suffering from schizophrenia and five with manic-depressive reactions. Of the 76 patients discharged, 40 were seen only in consultation. Of the 36 patients under active treatment, 26 of these were definitely benefited by treatment. There were 67 of these patients under treatment at the end of the year.

The large number of applications made for treatment or other clinic services at the beginning of the first year included a surprising number of patients who were in most urgent need because of seriously disabling or handicapping symptoms. In spite of the nature and degree of the symptoms most of these patients were carrying on to some extent in their vocational and community living so that it was difficult to make initial selections except on the basis of apparent urgency.

From the beginning it was a primary objective of the department to provide plans of treatment that were "family-centered," utilizing carefully integrated staff facilities. Dr. McKnight, the staff, his consultants and the entire medical staff participated in treatment as well as training programs.

The philosophy of treatment was that of dynamically oriented psychotherapy including such special techniques as play therapy. Diagnostic and follow-up laboratory procedures such as X-rays and electroencephalograms were provided by the outpatient department, utilizing the facilities in the hospital. The outpatient department was well received by the community.

MEDICAL STAFF EDUCATION PROGRAM

Dr. Prout has continued as Assistant Medical Director and Clinical Director, Dr. Burdick and Dr. Hamilton as physicians in charge of the women's and men's services, and Dr. McKnight as physician in charge of the outpatient department.

In addition to the daily clinical conferences, on two mornings each week general staff conferences are held attended by the entire staff, at which time patients and their case histories are presented for diagnostic consideration and treatment suggestions. At these general staff conferences the patients have the opportunity to discuss their problems with the entire staff. These meetings are the center of the medical activity and furnish the means of bringing the work of each physician into relation with the work and criticisms of other physicians. In this way good policies and standards are maintained, improved and refined. Residents in training have weekly conferences with the Medical Director and the Clinical Director. The Monday Night Meetings have continued under the direc-

tion of Dr. Prout. Original studies, reports of research, review of current literature and prepared scientific papers were presented, and films for teaching purposes were shown. Dr. Edward D. Joseph gave a series of twelve seminars on psychoanalysis during the fall. Residents in training are encouraged to teach courses in psychiatry and hold clinics for the affiliating student nurses and to address groups in the community. Visits to other hospitals are encouraged. In March a formal field trip to Central Islip State Hospital was arranged through the courtesy of Dr. Francis J. O'Neill and Dr. Ulysses Schutzer, where clinical problems unique to a large public hospital could be demonstrated and observed.

Drs. Landolt and Moorhead have continued to be in charge of the special treatment procedures of electric shock therapy and insulin therapy, and to give instruction to the residents in training.

Two fourth year medical students from Cornell University Medical College, as an elective course, spent eight weeks at the hospital for study and supervised experience.

The resident physicians in training received instruction and experience in the outpatient department under Dr. McKnight and his staff with the special assistance of Dr. Fountain in the field of child psychiatry, Drs. Knight and Stauffer in adult psychiatry and the help of the entire senior medical staff. The residents attend the department for two half days per week in the second year and three half days per week in the third year.

Studies presented at the Monday Night Meetings include the following:

Symposium on Team Therapy—Outpatient Department by Dr. Landolt, Miss Sprogell and Miss Smiley;

Symposium on Team Therapy—Outpatient Department by Drs. McKnight, Moorhead, Landolt, Prout, Miss Neustaedter, Mrs. Andrews and Mr. Fixsen;

Presentation of Clinical Material from Outpatient Department by Dr. McKnight and staff;

Neurological Phenomena Observed in a Mental Hospital by Dr. Clow;

Review of Three Contributions to the Theory of Sex—Sigmund Freud by Dr. Karkus;

Personality Evaluation by Dr. Feinstein;

Current Issues in Addiction Research by Dr. Prout, Dr. White and Mrs. Charry;

Experiences in Residency Training in a State Hospital and a Private Mental Hospital by Dr. McKinley;

Review of Present Status of the Use of Tranquilizers in Women by Dr. Hupalowsky;

Review of Current Literature on Psychosomatic Therapy by Dr. Crounse;

Changing Concepts of Involutional Melancholia by Dr. Wall;

Review of General Paresis by Dr. Nininger;



OCCUPATIONAL THERAPY

Review of "Totem and Taboo"—Sigmund Freud by Dr. Epple;
Psychiatric Treatment of Children (Case Presentation by Outpatient Department)
 by Dr. Stauffer, Dr. Williams and Miss Neustaedter;
An Historical Perspective of the Neuroses by Dr. Carson;
Alcoholism in the Elderly by Dr. Moorhead;
Anorexic Syndrome, with Brain Tumor, in a Young Girl by Dr. Wall;
A Report on the Use of Ambulatory Insulin by Drs. Landolt and Prout;
*Historical Aspects of Psychotherapy—Greisinger, Janet, Weir Mitchell, Benjamin
 Rush and Charcot* by Dr. Hoch;
Review of Current Literature on Psychoneuroses by Dr. Epple;
Emotional Reactions of Senior Employees by Dr. Hupalowsky;
Life of Fyodor Dostoiersky by Dr. Carson;
Symposium on Addiction by Drs. Moorhead and O'Neil;
Psychopathography of Toulouse-Lautrec by Dr. Loch;
Problems Encountered in Patients Approaching Discharge by Dr. Burdick;
Review of Current Literature on Schizophrenia by Dr. Jacobs;
Reports of Zurich Meeting by Dr. McKnight;
History of Development of Psychological Techniques by Dr. White and staff;
Use and Techniques of Psychological Testing by Dr. White and Staff;
Concepts of Paul Schilder by Dr. Morley;
*Symposium on Modifications of Freudian Concepts and Techniques—Fenichel,
 Adler, Jung, Ferenczi, Rank* by Drs. Hupalowsky, Hoch and Hampton.

On November 4th a special meeting was held to which physicians of the community, psychiatrists and psychiatric workers from neighboring psychiatric hospitals were invited. The subject was *The Therapeutic Use of Open and Closed Units in Psychiatric Hospitals*. Drs. Prout, Landolt, McKinley and Nininger were the speakers. Many contributed to the discussion.

TEACHING, CONSULTATION AND CLINICAL APPOINTMENTS

Dr. James H. Wall: Associate Professor of Clinical Psychiatry at Cornell University Medical College, Consulting Psychiatrist to the White Plains Hospital, the Grasslands Hospital, Valhalla, New York, and St. Luke's Convalescent Hospital, Greenwich, Connecticut, and Consultant in Neuropsychiatry to the Phelps Memorial Hospital Association in North Tarrytown, New York.

Dr. Curtis T. Prout: Assistant Professor of Clinical Psychiatry at Cornell University Medical College, and Consulting Psychiatrist to the White Plains Hospital.

Dr. William K. McKnight: Instructor in Psychiatry at Cornell University Medical College.

Dr. Hollis E. Clow: Associate Attending Neurologist, Grasslands Hospital, Valhalla, New York.

Dr. Kenneth L. Crounse, Senior Assistant Psychiatrist, resigned on June 30th to take a position as head of the Mental Hygiene Clinic in Oak Ridge, Tennessee.

Dr. Howard M. Feinstein, Assistant Resident Physician, completed one year of residency training on June 30th and left to enter the service of the United States Army.

Dr. Harvey D. Karkus, Assistant Resident Physician, completed two years of residency training on June 30th and left to resume his training elsewhere.

Dr. Henry J. Lefkowitz, Assistant Resident Physician, completed one year of residency training on June 30th and left to resume his training elsewhere.

Dr. Lewis D. Stevenson who has been associated with the hospital for many years as Consultant in Neurology, retired on June 30th.

Dr. Samuel L. Hoch was appointed Assistant Resident Physician on January 1st.

Dr. Laurence Loeb who had had one year of residency training at this hospital and left for military service, was reappointed Assistant Resident Physician on July 1st.

Dr. Jerome Lee Jacobs was appointed Assistant Resident Physician on July 1st.

Dr. William H. Hampton, Jr. was appointed Assistant Resident Physician on July 1st.

Dr. David C. Morley was appointed Assistant Resident Physician on July 1st.

Dr. David Steinman was appointed Assistant Resident Physician on July 1st.

Dr. Saul E. Kapel was appointed Assistant Resident Physician on September 1st.

NURSING SERVICE AND EDUCATION

The nursing service under the direction of Miss Corrigan has continued in its role of patient care and in giving practical experience and instruction to student nurses in training. During the year 340, an increase of 39 over 1956, received the twelve weeks' course in psychiatric nursing, one of the greatest educational efforts of the hospital. The training schools from which these students were accepted were: The Flower-Fifth Avenue Hospital, Lenox Hill Hospital, Long Island College Hospital, Mt. Sinai Hospital, Roosevelt Hospital and St. Luke's Hospital of New York City, St. John's Riverside Hospital, Yonkers, and the White Plains Hospital.

The Katherine F. Hearn Scholarship Committee met on March 22nd. Eight graduate nurses have availed themselves of the opportunities offered by this Fund.

The Nursing Advisory Council for the affiliating schools met during the year.



OCCUPATIONAL THERAPY

On the last day of the year there were 228 members of the nursing personnel on duty including the director, two assistant directors, nine supervisors and instructors, 42 graduate nurses, 85 psychiatric aides and 23 practical nurses. In addition there were 13 part time graduate nurses, one part time practical nurse and 15 part time psychiatric aides. There were 67 affiliating student nurses.

Miss Carolyn A. Sprogel, who had served as director of nursing in the two psychiatric departments of the New York Hospital, retired during the year and was succeeded by Miss Eleanor M. Corrigan who had been associated with the hospital as assistant director of nursing. The hospital is fortunate in Miss Corrigan who is a graduate of St. Luke's Hospital School of Nursing, holds a degree from Teachers College and has the enthusiastic support, respect and trust of all who work with her in all departments of the hospital.

PSYCHOLOGY DEPARTMENT

Dr. Mary Alice White has continued in charge of this department which has rendered important service to the inpatient and outpatient departments, serving a total number of 406 patients during the year, initiating and engaging in important research projects supported substantially by federal funds from the National Institute of Mental Health. These projects have included the controlled testing of the efficacy of tranquilizing drugs, postpartum illnesses and problems in addiction.

SOCIAL SERVICE DEPARTMENT

Mrs. Lucille Andrews succeeded Miss Eleanor Neustaedter as director of social service. This department worked with 160 inpatients and their families. Fifty-five of these patients were referred for help with their plans in leaving the hospital. Of the 141 patients treated in the outpatient department, 128 were referred to the social service department.

DENTAL DEPARTMENT

The dental department has continued under the direction of Dr. Carroll, assisted by Dr. Beck. All patients have received complete oral and X-ray examinations periodically. There was a total of 2,430 patients' visits to the department, and 4,367 operations were performed.

MEDICAL CARE OF PERSONNEL

Drs. Clow and Lynch have carried out the work of this department attending to the maintenance and promotion of health among the personnel. Poliomyelitis and Asian influenza vaccines were made available to all personnel. During the year 247 complete physical examinations for new employees were made. There were 4,088 visits to the employees' clinic which was held daily. There were 176 admissions to the infirmary.

DEPARTMENT OF NUTRITION

Miss Randall has continued to direct the work of this department, having charge of the preparation of all meals for the patients and personnel totaling 648,909 for the year. Special diets were prepared daily for an average number

of 44 patients and 10 employees. The department was responsible for the preparation of refreshments for patients' parties and entertainments and all social functions of the hospital. Food for picnics was furnished and hot lunches were prepared and served at York Lodge during the summer.

The County Health Department renewed the eating place permit following the annual inspection.

Many major repairs and replacements were made in the main kitchen. Plans are being prepared for a new cafeteria for all personnel.

HOUSEKEEPING DEPARTMENT

Miss Jacques has continued the direction of this department which has charge of the work of all hall aides together with the work of the linen and sewing rooms, the upholstery shop and the serving of meals and refreshments to all patients including the parties and social functions of the hospital. The assembly hall was completely renovated. Hall 3 Men was completely redecorated and refurnished, and the employees' clinic was renovated.

CIVIL DEFENSE

During the year the staff and personnel have continued the hospital's civil defense program as it concerns patients and personnel and in cooperation with the Office of Civil Defense in White Plains. Members of the staff have attended all local civil defense meetings.

The Medical Director gave two lectures, on October 15th and October 18th, on the subject *Emotional Trauma in Disaster* as a part of a series of lectures on disaster, injuries and emergencies, under the auspices of the White Plains civil defense organization.

THE FRIENDS OF THE NEW YORK HOSPITAL-WESTCHESTER DIVISION

On May 21st Mrs. Nathaniel P. Hill, Dr. Joseph C. Hinsey, Dr. E. Hugh Luckey, Dr. Connie Guion and the Medical Director met to discuss the formation of the organization of The Friends of the New York Hospital-Westchester Division. The first formal meeting was held at the hospital on October 28th. The group was welcomed by the Medical Director, the Assistant Medical Director and Mrs. Miller, head of the public relations department. The main purpose of the organization is that of educating the community concerning the treatment, training, research and preventive programs of the New York Hospital-Westchester Division. The Friends of the New York Hospital-Westchester Division are to be kept informed as to the progress of the work of the hospital.

SPECIAL EVENTS AND OTHER ITEMS OF INTEREST

Open house was held for all employees on January 3rd.

On June 8th the Board of Governors of the Society of the New York Hospital gave a tea in honor of Miss Sprogell and those formerly associated with the nursing service.



POTTERY, OCCUPATIONAL THERAPY

On September 23rd the Board of Governors gave a reception and dance in honor of those who have loyally served the hospital for 15 years or longer. Twenty-eight employees were so honored; nine of these had been with the hospital for 25 years and 19 for over 15 years. Mr. Bourne, Chairman of the Westchester Division Committee, spoke and presented the awards.

Meetings. The Medical Society of the County of Westchester held its regular monthly meetings at the hospital until the fall when they were held at the building recently purchased by the Medical Society at Purchase, New York.

On May 6th, as a part of the Business-Education Day in White Plains, sponsored by the Education Committee of the Business and Civic Federation of White Plains, six teachers from the public schools of White Plains visited the hospital, were shown the various departments and were entertained at lunch.

The Board of Governors of the Society of the New York Hospital held its regular monthly meeting at the hospital on June 4th followed by dinner at the staff house.

On November 28th, 20 directors of social service from private psychiatric hospitals throughout the United States held an all-day regional meeting at the hospital.

Inspection of the Hospital. Inspection of the hospital by representatives of the New York State Department of Mental Hygiene was made as follows: Dr. O. J. McKendree on March 27th; Dr. L. L. Bryan on June 12th; Dr. Richard V. Foster on October 15th; and Dr. Simon L. Victor on December 31st.

Visitors. Visits of friends and relatives to patients totaled 16,989; 11,199 to women patients, and 5,790 to men patients.

Three hundred twenty-one former patients made 785 visits to the hospital and to our New York office at the Payne Whitney Clinic, a service given to patients during their first few months of readjustment in the community.

Groups of medical students from Cornell University Medical College visited the hospital on Saturday afternoons during April.

On January 9th Dr. Viola Bernard, teacher of Psychiatric Administration at Columbia University, visited the hospital with three students in the field of psychiatric administration and public health. They were met by the Medical Director, Clinical Director, physician in charge of the outpatient department, and steward and assistant steward, followed by a tour of the hospital and lectures on the policies and treatment procedures of the hospital.

Dr. John McPhee, Field Work Supervisor in the Department of Recreation and Education of the New York State University, Cortland, New York, visited the physical education departments on February 21st.

Miss Elaine Pinkham, occupational therapist at the McLean Hospital, Waverley, Massachusetts, visited the occupational therapy departments on February 27th.

Mr. Enrique Ayulo of Lima, Peru, interested in psychiatric hospitals in his own country and other philanthropic work, visited the hospital on April 27th.

Dr. A. L. McKinnon of the Homewood Sanitarium, Guelph, Ontario, Canada, visited the hospital on May 3rd to study our program of physiotherapy.

Twenty-nine psychiatrists from Japan visited the hospital on July 15th.

Dr. Cecil Morgan, head of the physical education department, Springfield College, Springfield, Massachusetts, visited the hospital on July 13th.

Four nursing students from St. Joseph's Hospital, Syracuse, New York, visited the hospital on November 12th.

Religious Services. The Reverend David B. Weden, Rector of Grace Church, White Plains, and chaplain of the hospital, has continued to conduct the services on Sunday afternoons and has administered communion to patients wishing it.

Monsignor Eugene A. Murtha and his assistant, the Reverend Father John Reardon of the Church of Our Lady of Sorrows, White Plains, have attended to the religious comfort of the Roman Catholic patients.

ADDRESSES, PAPERS AND PUBLICATIONS

Dr. James H. Wall: *A Review of Mental Reactions in the Climacterium*, New York Psychiatric Society, New York, January 8th; *Changing Concepts of Involutional Melancholia*, Institute on Neurology and Psychiatry, the Medical College of South Carolina, Charleston, South Carolina, published in the Journal of the South Carolina Medical Association, Volume LIII, No. 10, October 1957; *Psychotherapeutic Measures in the Adjustment of our Senior Citizens*, annual meeting of American Geriatrics Society, New York, May 30th.

Dr. Curtis T. Prout: *Current Issues in Addiction Research* (with Dr. M. A. White and Mrs. June Charry), annual meeting, American Psychopathological Association, New York, February 23rd; *The Obstetrician's Role in Postpartum Mental Illness* (with Dr. M. A. White, Mr. Carl Fixsen and Mr. Marvin Foundeur), annual meeting, American Medical Association, New York, June 5th, published in the Journal of the American Medical Association, Volume 165, September 14, 1957; *Alcoholism* (with Dr. E. B. Allen), chapter in *Progress in Neurology and Psychiatry*, Volume XII, 1957; *Psychiatry in the Community*, Rome Academy of Medicine, Rome, New York, December 3rd.

Dr. William K. McKnight: *A Community Mental Service, An Historical Outline of the Services of the New York Hospital-Westchester Division*, Couples Club, Church in the Highlands, White Plains, January 28th, published in the Westchester Medical Bulletin, Volume XXV, No. 3, March 1957; *Partnership in Marriage*, Singles Club of Memorial Methodist Church, White Plains, February 17th; *The Organization and Function of the New York Hospital-Westchester Division Outpatient Department*, Westchester County Chief School Administrators, White Plains, February 28th; *How to Handle Your Emotions*, Junior Section, Woman's Club of White Plains, March 12th; *Landmarks in Research in Schizophrenia in the United States*, Second International Congress of Psychiatry, Zurich, Switzerland, September 3rd; *A Response to a Community Need*, published in the Club Dial (Woman's Club of White Plains), October 1957.

Dr. Donald M. Hamilton: *Psychiatric Problems of the Menopause*, The Mental Hygiene Association of New Rochelle, New York, February 26th; *Psychotherapy of the Suicidal Patient* (with Dr. Leonard M. Moss), chapter in *Clues to Suicide*, editors: Schneidman and Farberow, published by Blakiston, 1957.



OCCUPATIONAL THERAPY

Dr. Hollis E. Clow: *Progress in Mental Health*, Women's Club in Larchmont, New York, February 1st; *Mental Health in the Aging*, Mental Health Association of Brooklyn, New York, April 11th; *Psychiatric Factors in the Aging*, annual meeting, American Psychiatric Association, Chicago, Illinois, May 14th; *Psychotherapeutic Measures in the Adjustment of our Senior Citizens*, annual meeting, American Geriatrics Society, New York, May 31st.

Dr. Allison B. Landolt: *Follow-up Studies on Circular Manic-Depressive Reactions Occurring in the Young*, published in Bulletin of the New York Academy of Medicine, Volume 33, No. 1, January 1957.

Dr. Harry H. Moorhead: *Study of Alcoholism with Onset 45 Years or Older*, New York Academy of Medicine, May 14th.

Dr. Eugene T. Hupalowsky: *Emotional Reactions of Senior Employees*, divisional meeting, American Psychiatric Association, New York, November 15th.

Dr. Mary Alice White: *Current Issues in Addiction Research* (with Dr. C. T. Prout and Mrs. June Charry), annual meeting, American Psychopathological Association, New York, February 23rd; *Discipline and the Teen-Ager*, Parent-Teacher Association, White Plains High School, White Plains, March 7th; *Teaching Responsibility*, Parent-Teacher Association, Prospect Hill School, Pelham, New York, March 19th; *Postpartum Mental Illness, A Controlled Study* (with Dr. William A. Triebel, Mr. Carl Fixsen and Mr. Marvin Foundeur), published by A.M.A. Archives of Neurology and Psychiatry, Volume 77, May 1957; *Obstetrician's Role in Postpartum Mental Illness* (with Dr. C. T. Prout, Mr. Carl Fixsen and Mr. Marvin Foundeur), annual meeting, American Medical Association, New York, June 5th, published in the Journal of the American Medical Association, Volume 165, September 14, 1957.

Miss Ellen E. Phelan: *Physical Education*, students' workshop group, Springfield College, Springfield, Massachusetts, July 23rd.

PUBLIC RELATIONS DEPARTMENT

In addition to fund raising and the many publicity activities, this department under the direction of Mrs. Miller has assisted in the preparation of booklets for various department and programs for many hospital meetings and functions.

Through the courtesy of Station WFAS, White Plains, the following radio programs were arranged with the cooperation of the staff:

Dr. Karkus: *Can the New Drugs Relieve Anxiety States?*, January 23rd;

Dr. McKnight: *New Mental Health Service in Operation—The Outpatient Department*, February 27th;

Dr. Moorhead: *The Growing Problem of Alcoholism*, March 17th;

Dr. Clow: *The Changing Problems of Aging*, April 24th;

Dr. Prout: *Report on the Annual Meeting of the American Psychiatric Association*, May 22nd;

Miss Kelly: *Social Service, an Adjunct to Psychiatric Treatment*, June 26th;

Dr. Hamilton and Dr. McKnight: *Highlights from the Second International Congress of Psychiatry*, Zurich, Switzerland, September 25th;

Mr. Mills: *Music as an Aid to Recovery from Mental Illness*, October 23rd;

Dr. Hamilton: *Disorders of Mood*, November 27th.

IMPROVEMENTS AND MAINTENANCE

The old paint shop was completely altered to provide modern facilities for repairing and lubricating all cars and trucks.

Sturgis Hall for women's occupational therapy was completely renovated.

Bard House was converted into a staff house.

North Street Cottage was enlarged to provide living quarters for the supervising engineer.

The roofs are being repaired throughout the main buildings.

The elevator serving Halls 1, 2, and 3 Women was modernized.

The various maintenance departments have made ordinary repairs, and extensive improvements and replacements.

GIFTS

An increasing number of loyal and interested friends of the hospital contributed \$204,168.96 during the year. A total of \$891,704.90 has been contributed since the appeal was begun in 1947. These generous gifts have enabled the hospital to increase the charitable work of restoring many worthwhile individuals to happy and productive lives, to expand teaching and research, to add new facilities for treatment, and to carry on extensive programs of repairs and replacements in the hospital plant.

Mr. Louis Calder has continued the annual gift of \$25,000 to defray the annual cost of teaching in the nursing education program. He also donated \$65,000 for the complete renovation and refurnishing of Hall 3 Men.

RESEARCH PROJECTS IN PROGRESS

Studies of the families of schizophrenic patients.

Anorexia Nervosa—psychological and laboratory studies with particular emphasis on ketosteroids.

Studies of alcohol and drug addiction.

Study of postpartum mental reactions.

Investigation of the effectiveness of tranquilizing drugs.

Investigation of treatment procedures in aged patients with organic mental reactions.

Study of patients under 18, the course of the development of difficulties and the results of hospital treatment.

RESEARCH GRANTS

The National Institute of Mental Health supports an extensive research program with an annual grant of \$28,852.

NEEDS

The need for trained workers in the field of psychiatry and mental health is a challenge to this hospital with its tradition for teaching, training and research. Funds are needed for expansion in all departments.

Funds are needed for staffing and equipping the laboratories for physical and psychological investigations and pure research.

Funds are needed for the installation of safety screens.

Funds are needed for housing personnel who now occupy patients' halls.

It is hoped that these needs will continue to come to the attention of public spirited citizens so that the hospital may continue to advance its programs of service to the community, teaching, research, and prevention, and greatly assist the work of the outpatient department whose services are devoted to patients unable to afford private psychiatric care.

For the record of high standards of care and work in all departments the Medical Director wishes to thank individually the entire loyal and faithful staff and personnel. To the Board of Governors, the members of the Westchester Division Committee, The Friends of the Westchester Division, and all interested friends of the hospital I wish to express my gratitude for their guidance and generous support.

Respectfully submitted,

JAMES H. WALL, M.D.

Medical Director.

GENERAL STATISTICS OF PATIENT POPULATION FOR THE
YEAR ENDING DECEMBER 31, 1957

	<i>Men</i>	<i>Women</i>	<i>Total</i>
Total on books December 31, 1956	158	236	394
In hospital	122	158	280
On visit	36	78	114
Admitted during the year:			
First admissions	63	117	180
†Readmissions	54	78	132
Transfers	4	4
Total admitted	121	195	316
Total under treatment during the year	279	431	710
Discharged during the year:			
*As recovered	21	22	43
*As much improved	41	62	103
*As improved	18	44	62
*As unimproved	7	17	24
As without mental disorder:			
Alcoholism	9	14	23
Drug addiction	6	2	8
Psychopathic personality	3	1	4
Died	11	5	16
Transferred	7	22	29
Total discharged	123	189	312
Total remaining on books December 31, 1957	156	242	398
In hospital	111	164	275
On visit	45	78	123
Daily average population on the books	160	233	393
Daily average population excluding visits	117	164	281
Rated capacity of the hospital	125	201	326
Voluntary cases admitted during the year:			
First admissions	45	86	131
Readmissions	43	64	107
Physician's certificate cases admitted	2	1	3
Cases admitted on voluntary minor application	10	13	23
Voluntary cases certified for mental disorder	10	21	31
Voluntary cases certified on inebriate certification	22	16	38
Voluntary cases certified on physician's certificate	1	1	2
Physician's certificate case certified	1	1
Voluntary minor case certified	1	1
Voluntary patients on books at the end of the year	83	130	213
Average number on visit during the year	43	69	112

* Exclusive of transfers and those without mental disorder.

† Refers to previous admission to any hospital for mental disorder.

THE NEW YORK HOSPITAL—WESTCHESTER DIVISION

GENERAL TABLE OF STATISTICS Compiled from the Annual Reports of the Institution

Year	Whole Number Admitted	Admitted by Legal Procedure	Voluntary	Whole Number Treated during the Year	Whole Number Discharged during the Year	Recovered	Improved and much Improved	*Not Improved	Died	†On Books at End of Year	Daily Average No. in Hospital
1821 to 1893.	9,305	9,303	2	...	9,003	3,635	2,436	1,585	1,345
1894.....	128	128	...	433	144	40	56	17	31	286	294
1895.....	145	145	...	434	126	40	39	19	28	305	299
1896.....	128	128	...	436	122	33	47	19	23	311	312
1897.....	133	131	2	447	106	30	37	12	27	338	318
1898.....	91	90	1	432	106	26	35	18	27	323	323
1899.....	108	102	6	434	93	24	35	16	18	338	331
1900.....	98	97	1	439	99	25	43	8	22	337	339
1901.....	91	68	23	431	100	26	33	14	27	328	328
1902.....	95	76	19	426	94	24	37	12	21	329	329
1903.....	124	95	29	456	111	31	35	18	27	342	336
1904.....	127	89	38	472	132	34	60	10	28	337	340
1905.....	111	84	27	451	100	34	43	8	15	348	342
1906.....	101	76	25	452	112	32	43	12	25	337	335
1907.....	127	109	18	467	123	44	35	22	22	341	340
1908.....	124	91	33	468	114	33	30	24	27	351	347
1909.....	122	82	40	476	129	40	40	27	22	344	343
1910.....	131	88	43	478	120	31	39	24	26	355	352
1911.....	140	74	66	498	121	39	35	25	22	374	351
1912.....	156	101	55	533	175	45	38	25	22	355	355
1913.....	144	82	62	504	154	36	54	13	17	345	333
1914.....	201	103	98	551	188	26	64	23	23	358	345
1915.....	193	94	99	556	202	30	85	22	14	349	336
1916.....	254	92	162	608	257	50	86	37	33	346	323
1917.....	222	73	149	573	242	47	49	38	23	326	312
1918.....	260	61	199	590	273	69	54	31	19	313	298
1919.....	309	68	241	622	316	83	152	42	15	306	302
1920.....	243	61	182	549	223	44	133	38	8	326	309
1921.....	273	68	205	599	303	52	126	45	13	296	290
1922.....	257	57	200	553	241	36	127	36	11	312	288
1923.....	267	75	192	579	272	68	107	46	17	307	284
1924.....	290	82	208	597	288	63	122	34	10	309	277
1925.....	290	91	199	599	290	53	136	88	13	309	276
1926.....	278	102	176	587	300	61	135	95	9	287	267
1927.....	276	102	174	563	253	62	108	76	7	310	257
1928.....	249	89	160	559	261	52	105	59	9	298	263
1929.....	248	84	164	546	243	59	112	65	7	303	257
1930.....	261	73	188	564	278	60	123	77	18	286	251
†1931.....	261	47	214	547	244	63	125	50	6	303	251
1932.....	231	27	204	534	269	46	158	53	3	265	241
1933.....	227	51	176	492	229	57	108	60	4	263	228
1934.....	236	47	189	499	217	41	119	53	4	282	230
1935.....	270	49	221	552	242	45	134	59	4	310	235
1936.....	277	46	231	587	280	73	133	65	9	307	264
1937.....	342	94	248	649	308	41	173	78	16	341	249
1938.....	311	83	228	652	306	67	159	67	13	346	246
1939.....	350	80	270	696	358	72	202	72	12	338	259
1940.....	333	111	222	671	285	89	139	48	9	386	244
1941.....	378	107	271	764	350	106	175	59	10	414	273
1942.....	361	104	257	775	379	94	209	61	15	396	279
1943.....	341	88	253	737	352	102	176	56	18	385	259
1944.....	352	92	260	737	331	116	152	52	11	406	263
1945.....	346	73	273	752	348	132	138	58	20	404	270
1946.....	322	69	253	726	335	111	151	53	20‡	391	273
1947.....	275	65	210	666	304	75	166	45	9‡	362	269
1948.....	350	111	239	712	335	94	167	55	19‡	377	255
1949.....	360	115	245	737	344	100	186	44	14‡	393	274
1950.....	329	100	229	722	345	90	186	54	15‡	377	272
1951.....	359	124	235	736	338	75	190	53	20‡	398	272
1952.....	318	111	207	716	325	84	172	50	19‡	391	278
1953.....	349	108	241	740	341	69	215	38	19‡	399	274
1954.....	343	127	216	742	326	82	180	50	14‡	416	288
1955.....	328	80	248	744	315	66	195	39	15‡	429	287
1956.....	304	70	234	733	339	66	218	37	18‡	394	286
1957.....	316	78	238	710	312	45	210	41	16‡	398	281
Totals.....	24,669	14,871	9,798	...	24,271	7,318	9,610	4,230	2,523

* Includes patients transferred.

† From this year changes of status not included as in previous years.

‡ Includes patients on visit.

INFORMATION RELATING TO THE ADMISSION OF PATIENTS

APPLICATIONS

Application for the admission of patients may be made at the hospital at any time, or at our office in The New York Hospital, 525 East 68th Street, New York City, on any business day, at noon.

Information will be gladly given by telephone, but it is not customary to accept patients without the more careful inquiry made possible by an interview.

Applications should be made by personal call of some one who is prepared to describe the case, and to make the necessary arrangements.

An examination of the patient before admission is not required.

Application for the admission of patients at a distance may be made by telephone or by letter. A full description of the case and of the circumstances is required.

ADMISSION

The large majority of the patients sign their own applications on arrival at the hospital. Patients are also received on physician's certificate and on court authority as provided by the New York laws.

Patients who have been placed under the control of the hospital by court authority will, on request, be sent for. Others must be brought to the hospital.

CLASS OF PATIENTS

In the admission of patients, preference is given to those suffering from forms of nervous and mental disorders in which a favorable result from treatment may be reasonably expected.

Doubtful cases may be received for observation and diagnosis.

A very limited number of alcoholic and drug cases with a favorable outlook may be received under the provisions of the Mental Hygiene law.

Patients who seem likely to require an extended period of treatment may, when there is room and they are otherwise suitable, be received, for periods of study, at rates that will contribute to the support of the work of the hospital.

As the field of the hospital's activity must necessarily be limited and as a suitable social environment is essential to successful treatment, in the selection of cases for admission a good level of education, refinement and social adaptability is required.

TERMS

The rate charged depends upon the type of case, the attention required, and the accommodations desired.

Patients whose relatives are unable to pay the full cost may be received at low rates or without charge if the disorders from which they are suffering are recoverable and they are persons who come within the field of work in which The Society of the New York Hospital has found it can most usefully apply its resources. A large proportion of the patients thus received are professional men or women and members of their families. Preference is given to residents of New York State.

Extra charge is made for dental X-ray films and dental prophylaxis which are expected to be carried out for all patients. For other dental work and for surgical and other professional services that require specialists, extra charges are made for which, except in emergencies, approval is expected to be obtained in advance from the person responsible for the support of the patient in the hospital.

Consultations with family physicians and consulting specialists can, when desired, be arranged for after conference with the hospital physicians.

EXPRESSIONS OF APPRECIATION

Friends from time to time desire to express, by gifts to the Hospital, their appreciation of the treatment of patients and the work done by the Hospital.

The Medical Director will be pleased to give information concerning various needs of the Hospital that would come within the scope contemplated by the donor.

LEGACIES TO THE HOSPITAL

No precise words are necessary to a valid legacy to the Society. The following clause, however may be suggested:

"I give to THE SOCIETY OF THE NEW YORK HOSPITAL, for the use of The New York Hospital—Westchester Division, the sum of.....dollars."

If land or any specific personal property, such as bonds, stocks, etc., is given, a brief description of the property should be inserted instead of the words "the sum of.....dollars."



